

Vol. 57, No. 40

Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community



INSIDE Village



4th Engineer Battalion builds Bosnian village of Maglaj.

See Page 15

Deployment



Guard units prepare for duty in the dunes.
See Page 16

Happenings





Fort Carson signs first privace contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract for on-post family has been seen as a second contract family has been seen as a second contract for on-post family has been seen as a second contract f

Public Affairs Office

A four-year-old dream became a reality Sept. 30, as Fort Carson and Army officials signed one of the largest contracts in the history of the Army. The contract is with Fort Carson Family Housing, LLC, J.A. Jones Dr., Charlotte, N. C., for the privatization of on-post family housing.

Fort Carson Family Housing, LLC, won the 50-year, multi-

tenance and management of hous control; common area grounds man road and sidewalk repair and main

Renovations of the current ho years ago, will include new kitchenew cabinets; new painting and fl doors, and hardware; new light fix

Commander's Corner

NCOs honored by Sgt. Audie Murp



"Membership ... is a reward for superior leadership ability and superior military knowledge."

Soriand

This past Friday, two noncommissioned officers were inducted into the 7th Infantry Division and Mountain Post Sgt. Audie Murphy Club.

Membership in the SAMC is recognition of superior leadership ability and superior military knowledge. The primary mission of the club is to set the example in every facet of military service and foster fellowship among the Army's finest Noncommissioned Officers.

Many of you might not know who Sgt. Audie Murphy was.

Audie Leon Murphy was a legend in his own time: a war hero, movie actor, country music composer and a poet. His biography reads more like fiction than fact. During World War II, he earned a battlefield commission for his courage and leadership ability and every medal for valor that America gives. Murphy could very well be the last American war hero. He is considered one of the greatest combat soldiers in the 223-year history of the United States Army.

All Forces Command and Training and Doctrine Command installations administer a Sgt. Audie Murphy Club Program, similar to the U.S. Army Europe's Sgt. Morales Club, to recognize outstanding NCOs. They are designed specifically to honor those who have contributed significantly to the development of a professional NCO Corps and a combat-ready Army. That means that these programs are special. Each NCO may strive to be recognized, but only a few will be tapped.

Each quarter, the Mountain Post conducts a rigorous selection process in an effort to identify only the finest NCOs for induction. NCOs who are selected to compete go through a series of boards starting at battalion level. Those selected at the post level are honored at a quarterly induction. Inductees receive several awards from club sponsors.

Not all installations have active clubs.

Membership is comprised of more than 50 Sgt.

Audie Murphy and Sgt. Morales Club members. It's a fellowship where SAMC members work together

to meet the mission

The 7th ID and participates in assist grams. Recently the American Education strives to enhance and Colorado Spring ship and cooperation

If you believe you become a member of Sgt. Audie Murphy or command sergear or consult Fort Cars also find informatio to the 7ID and Fort

We should all st we do. Organization Club recognize excetary knowledge.

Mission first . . Bayonet!

Sound Off!

What do you think about the construction around post?



Master Sgt. Bulmaro Aguilera, DPW

"I think it's a positive thing and a sign of the post being improved."



Staff Sgt. Bennie Jackson
G-3
"The construction is

"The construction is needed and hopefully the construction will be for the best."



Sgt. Samuel Huff USAG

"It's an improvement the post, but it is an inconvenience until it complete."

Volunteer of the Week

NEWS

Parents can help students improve acade

by Michele Magrini Installation School Liaison Officer

Everyone knows education is important. Public opinion polls report that improving our schools is one of Americans' biggest concerns.

Children need more advanced academic skills than ever before. To succeed in today's changing economy, young people need advanced skills in core subjects such as English, math and science, as well as the ability to use computers, solve problems, think critically and work in teams.

You may not know that children want to learn more. Nearly three quarters of teenagers say schools should pass students to the next grade only when they have learned what is expected of them.

Students want to work hard. Seventy-five percent of teenagers indicate they would pay more attention to their school work and study harder if their school required students to learn more and tested them before they graduate.

Children are curious and motivated when challenged in school. Now it's our challenge to challenge them.

To educate them to meet rigorous academic standards and high expectations. To give them the skills and knowledge they'll need to succeed in school, the workplace and everyday life.

Fort Carson soldiers are ready to get involved and help improve schools. Volunteers from 3rd Armored Calvery Regiment, 43rd Area Support Group, and 3rd Brigade Combat Team are sponsoring school activities in local districts.

Here are some tips on how parents can help their children become better students:

• Read to preschool children at least 20-30 minutes a day.

Have older children read to you.

- Keep books, magazines and newspapers in the house. Get a library card and use it.
- Add to your children's enjoyment of reading by discussing each book they read. It helps them learn to express themselves.
- Make sure your children see you read for at least 20-30 minutes a day. Remember, you're their primary role model.
- If you have difficulty reading, tell your children stories.

Hearing about your family history and experiences will help develop appreciation of language, storytelling and the past.

• Limit TV viewing and monitor what your child watches.

Studies show that excessive television viewing is directly linked to poor school performance. Inappropriate television programming can also adversely affect your child's behavior.

- Meet with your child's teacher to find out what your child should learn and how you can help. Make sure they complete homework.
 - Provide your children with a regular, quiet

place where they ca close to you, with fe

- Expect every of bright to take tough
- Demonstrate y standards.
- Support schoot tain rules for studen

Familiarize yo

- in your state and scl
 Find out wheth
- dards and clear expe
- Ask for real dadent performance as school rank as comp
- Challenge the of the better ones.

Support teacher make improvements

- Give time to y meetings, tutoring,
- Find out about your child in learning
- Students should more than 15 to 20 by year. Study time and greater earning pow

Road to Honor

Name: Louis E. Willett Rank: Private 1st Class

Unit: Company C, 1st Battalion, 12th Infantry, 4th

Infantry Division

Conflict: Kontum Province, Republic of Vietnam

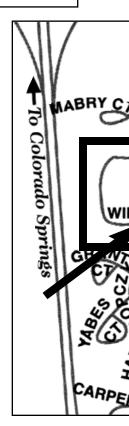
Date of Action: Feb. 15, 1967



Citation:

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty. Private 1st Class Willett distinguished himself while serving as a rifleman in Company C, during combat

operations. His squad was conducting a security sweep when it made contact with a large enemy force. The squad was immediately engaged with a heavy volume of automatic weapons fire and pinned to the ground. Despite the deadly fusillade, Pfc. Willett rose to his feet firing rapid bursts from his weapon and moved to a position from which he placed highly effective fire on the enemy. His action allowed the remainder of his squad to begin to withdraw from the superior enemy force toward the company perimeter. Private 1st Class Willett covered the squad's withdrawal, but his position drew heavy enemy machinegun fire, and he received multiple wounds enabling the enemy again to pin down the remainder of the squad. Private 1st Class Willett struggled to an upright position, and, disregarding his painful wounds, he again engaged the enemy with his rifle to allow his squad to continue its movement and to evacuate several of his comrades who were by now wounded. Moving from position to position, he engaged the enemy at close range until he was mortally wounded. By his unselfish acts of bravery, Pfc. Willett insured the withdrawal of his comrades to the company position, saving their lives at the cost of his life. Private 1st Class Willett's valorous actions were in keeping with the highest traditions of the U.S. Army and reflect great credit upon himself and the Armed Forces of his country.



Willett intersect Circle.

Community

Outgoing, incoming mayors recognized

by Nel Lampe Mountainer staff

"This group of mayors and deputy mayors are the best I've ever seen," said Col. Mike Kazmierski, commander, U.S. Army Garrison. "They do it because they care."

Kazmierski then presented the outgoing mayors and deputy mayors with a medal, the Army's Commander's Award for Public Service and the commanding general's coin. The presentations were made at a luncheon honoring the mayors at Elkhorn Conference Center Sept. 28.

Kazmierski told the new mayors they are "... challenged to do a better job than the last mayors, and they are the best group (the post) has ever had."

The new mayors later took the oath of office, led by Kazmierski.

New Apache mayor Sgt. 1st Class Monty Lash and Apache deputy mayor Veronica Watkins used their free time before the luncheon to work on their first newsletter.

"This is my first time to be (involved) in the mayor's program, and I'm excited about it," Lash said. When he came to Apache Village 16 months ago, it was the "Best Village," and he'd like to see it named "Best Village" next year.

"I want to make a difference in the village," he said.

Donni McKee was sworn in for the second time, as Arapahoe Village mayor.

The job of mayor "is very hard," she said.

"I've worked very hard to make it (Arapahoe Village) what it is now, and I don't want to see it fall down," she said, so she decided to run again.

Being mayor is "...very rewarding," she said. McKee spends 200 to 300 hours per month on mayoral duties. Her reward is knowing she's trying to keep the village clean and a nice community for its residents.



Garrison Commander Col. Mike Kazmie office to incoming mayors and deputy oring them Sept. 28.



Outgoing Mayors

Capt. Rachel Clark - Cherokee Village

Everett Rogers - Cheyenne Village Clarence Washington - Sioux Village Debra Multiner - Chactaw Village Donni McKee - Arapahoe Village

Deputy Mayors

Nerissa Armstrong

Rebekah Ratterree - Choctaw Village

New Mayors and Deputies

Apache

Sgt. 1st Class Monty Lash/Mayor Veronica Watkins/Deputy Mayor

Arapahoe

Donni McKee Re-elected Mayor Deborah Weber/Deputy Mayor

Cherokee

Robyn Lahey/Mayor Rachel Clark/Deputy Mayor

Chevenne/Ute Hill

Chief Warrant Officer Brent Meyer/Mayor Daniel Curtis/Deputy Mayor

Choctaw

Steffanie Niemeyer/Mayor

Debi

Sgt. Dian

Cł

Ra

Anti-drug czar discusses military role in d

by Spc. Cecile Cromartie Mountaineer staff

On a one-day visit to Colorado Springs Sept. 22, retired Army Gen. Barry R. McCaffrey, director of the White House Office of National Drug Control Policy, addressed several drug effort issues that included the United States' commitment to drug-free Olympics, the domestic and international aspects of the National Drug Control Strategy as well as the military's involvement in the effort.

McCaffrey met with World Class Athletes during an afternoon visit to the United States Olympic Complex. He acknowledged that military atheletes may be a step ahead of the game because of the military drug-free standards they are required to maintain.

The military's drug-free standards in athletics, found in such programs as the World Class Athlete Program, are ways in which the Armed Forces continue to set the standard in both the Olympics and even professional sports, McCaffrey said.

In 1998, McCaffrey presented a policy paper to the International Olympic Committee. In the proposal, he made recommendations for eliminating Olympic drug use, creating uniform drug standards and random testing of all athletes every year and more, according to an ONDCP press release.

He noted that governing bodies for sports with such organizations as the NBA are tightening regulations regarding drug use.

COMMUNITY

McCaffrey said, the effort to stop drug abuse must begin in the community and in the home. For military personnel it is an effort that must begin in the unit as well.

"I personally saw in the mid - '70s when a third of the Army was using drugs all the time and another third was using them when they could get their hands on them. And it was outrageous, it was the nastiest environment you could imagine," McCaffrey said.

As a veteran with a military career that consisted of serving overseas for 13 years, to include four combat tours in the Dominican Republic, Vietnam and Iraq, McCaffrey has seen the progress and efforts made by the Armed Forces to end drug abuse.

"We (United States) have one and a half million people in the active Armed Forces and another 900,000 plus in the Reserves. How do we keep this huge institution (military) plus our family members who are literally millions of more people, how do we keep our own institution drug free? We're doing incredibly well; we've essentially got 1 percent to 3 percent drug abuse rate depending on the unit and

"So your (servi responsibility is to 1 your own squadron

And while man they have no real pa reminds them of the the fight every day

"The military is tant role a lot of wa over \$900,000,000 activity in support of range of things.

"The most impo neer battalions that for the border patro gence units that tran port of the DEA and out and are great tra ment units," McCaf

With Special Fo medics and more in and Air Force F-16 to identify drug plan the supportive role effort is unquestion

COMMUNITY

People get chance to 'make a dif

Judy Woolley Installation Volunteer Coordinator

"Every day of a life matters, but 'Make A Difference Day' is special, indeed. People all over the nation and the globe set aside that day to help someone else. It's a powerful day. Please be part of it to — Paul Newman, founder of "Newman's Own."

The 9th Annual "Make A Difference Day" is scheduled for Oct. 23. Millions of Americans will be reaching out on this day to help others as part of the nation's largest coordinated community volunteer effort.

Make A Difference Day provides an opportunity for youth and adults to get involved and give back to their communities.

Make A Difference Day is sponsored by USA Weekend Magazine and The Points of Light Foundation. There are \$2.6 million dollars of grants and awards donated by Wal-Mart and Paul Newman to participating competing communities. Last year, Colorado Springs, with the assistance of volunteers from the Army and Air Force communities, received one of the top 10 national awards of \$10,000 dollars for the volunteer successes of Make A Difference Day 1998.

Residents of Fort Carson are again asked to join with Colorado Springs, Peterson Air Force Base and

the Air Force Academy to volunteer their services at one of the following four community locations between the hours of 9 a.m. and 2 p.m.

Care and Share, Inc. — sorting and packing food packages to be distributed to various shelters and assistance centers in the Colorado Springs area. Located at 4875 Northpark Drive, Care and Share, Inc. is found by taking Interstate 25 north to Garden of the Gods Road. On Garden of the Gods Road, go one block east to Northpark, turn north on Northpark and proceed approximately one-half mile to the Care and Share, Inc. building. Care and Share requests that volunteers not bring infants or children requiring strollers. Parents must supervise their children.

Cheyenne Mountain Zoo — cleaning projects to improve the zoo. Due to safety and health concerns, the zoo requests that volunteers be 12 years old or older. Volunteers can expect to assist in various non-animal related projects such as painting, cleaning and gardening. After volunteering, participants may spend the remainder of the day enjoying the zoo. The Cheyenne Mountain Zoo is located at 4250 Cheyenne Mountain Zoo Road. From Fort Carson take 115 north to Lake Avenue. Go west on Lake Avenue to the Broadmoor Hotel, and then follow the zoo signs up the mountain. Bring work

gloves, wear comfor and dress for cooler

beautification project corner of Circle Driver can expect to perform painting landscaping up, and tearing down feet mini-mal being Outreach Center. Driver work shoes and brin

Ronald McDon needed to conduct do rooms, the kitchen a expect to do basic ho cleaning and moving ed at 311 N. Logan A and wear work cloth

Each location caber of volunteers. Si first-served basis. For units, private organizary planning to participate Community Service tional information all please contact the Interest Coordinator, Judy W.

Fort Carson issues 1999 Water Quality

(Editor's note: The following report is provided by Fort Carson as part of an annual requirement under the Safe Drinking Water Act.)

The drinking water utilized on Fort Carson is purchased from Colorado Springs Utilities and delivered to consumers via the Fort Carson drinking water supply system. This water quality report provides consumers information on the quality of water provided. For additional information concerning post water quality, call Richard Pilatzke, Directorate of Environmental Compliance and Management Water Program Manager, at 526-1730.

Colorado Springs Water Quality Excels

Colorado Springs Utilities is committed to providing customers with a superior and reliable supply of high quality, drinking water. Water tests conducted last year have shown that Colorado Springs water continually meets or surpasses state and federal standards for drinking water.

Where does our water come from?

With no major source of water nearby, and engineered gravity-based system of pipes and reservoirs has been devised to bring surface water from approximately 200 miles away along the Continental Divide to this area.

It begins as snowmelt, making customers of the

Colorado Springs Utilities first-time users of the water. Our customers receive water at their tap which has not been previously treated, consumed or recycled...thus being first in water's journey to the oceans. Furthermore, the water primarily travels through pipelines from its mountain source to Colorado Springs. The pipelines help protect the water from contaminants such as herbicides, pesticides, heavy metals and other chemicals.

Five treatment plants located in the Colorado Springs area receive this water which is then sent through several processes to remove suspended matter and assure disinfection. Throughout this process of collection and treatment, the laboratory monitors the water quality for its chemical and biological content. Some of these analyses are required to meet state and federal standards, while others are part of ongoing testing to assure a continual supply of high quality drinking water.

To ensure that tap water is safe to drink, the Environmental Protection Agency prescribes limits on the amount of certain contaminants in water provided by public water systems.

The sources of drinking water include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or

through the ground, minerals and radioa substances resulting or from human activ

Drinking water contain at least sma nants. The presence essarily indicate tha More information at health effects can be Drinking Water hotl

What

More than 30,00 at the CSU Drinking Services Laboratory for organisms, mine could cause disease Testing is done for a inants including backides. The data in the recent testing done at the table on page 9 stances that were for the levels allowed by available by request

COMMUNITY

Contaminant	Date Tested	Unit	MCL	MCLG	Detected Level	Range	Major Sources
Inorganic Contaminants							
Barium	1998	ppm	2	2	0.033	0-0.033	Erosion of natural deposits
Copper ¹	1997	ppm	AL=1.3	1.3	0.108	n/a	Corrosion of household plumbing systems
Flouride	1998	ppm	4	4	1.56	0.14-1.56	Erosion of natural deposits
Nitrate	1998	ppm	10	10	0.22	0.03-0.22	Runoff from fertilizer use;leaching from septic tanks, sewage; erosion of natural deposits
Selenium	1998	ppb	50	50	3.5	0-3.5	Erosion of natural deposits
Lead ²	1997	ppb	AL=15	0	3	n/a	Corrosion of household plumbing systems
Microbiological Contam	inants						
Turbidity							
TT=5 NTU max	1998	NTU	TT	n/a	1	n/a	Soil runoff
TT=<0.5 NTU 95%	1998	NTU	TT	n/a	99.8%	n/a	Soil runoff
Turbidity is a measure of	the cloudiness of	f the water. We	monitor it beca	use it is a good	indicator of water	quality and the	effectiveness of disinfectants.
Organic Contaminants							
1,1,2-Trichloroethane	1997	ppb	5	3	0.2	0-0.2	Discharge from industry
TTHMs	1998	ppb	100	n/a	45	14-89	By-product of drinking water chlorination
Xylenes	1997	ppm	10	10	0.0007	0-0.0007	Industrial discharge
Additional Contamina	ants Required	l to be Monit	ored Under tl	he Informatio	n Collection Ru	ıle	
HAAs	1997-1998	ppb	n/a	n/a	33	15-52	By-product of drinking water chlorination
Total Chlorine Residual	1997-1998	ppm	n/a	n/a	0.4	0.1-0.7	Disinfection of drinking water
Free Chlorine Residual	1997-1998	ppm	n/a	n/a	0.3	0.1-0.6	Disinfection of drinking water
¹No sites exceeded the A	ction Level.		² One site exce	eded the Action	Level.		

Terms and abbreviations used above:

- * Action Level (AL): The concentration of a contaminant which, if exceeded, triggers treatment or other requirement that a water system must follow.
- * Treatment Technique (TT): A required process intended to reduce the level of a contaminant in drinking water.
 - * n/a: Not applicable.
 - * ppm: Parts per million, or milligrams per liter (mg/l) one part

per million corresponds to one minute in two years or a single penny in \$10,000

* ppb: Parts per billion, or micrograms per liter - one part per billion corresponds to one minute in 2,000 years or a single penny in \$10,000,000.

* NTU: Nephelometric Turbidity Units.

* TTHM: Total Trihalomethanes.

* HAAs: Total Haloacetic Acids.

con

Some people contaminants the mised persons of going chemother gone organ transported or other immuninfants can be petions. These performed or other for means to lessen Cryptosporidium Drinking Water

Public internity decision-m several public p participate, exte gives citizens a and preserve wa

For informa events, look for web site (www.o at 448-8700. CS bers of the Colo Schedules to att Clerk's Office a tions about CSU Drinking Water Services Section

Mountain Post urged to make a difference

by Pfc. Zach Mott 14th Public Affairs Detachment

Federal agencies in the Pikes peak region officially kicked off the 1999 Combined Federal Campaign at Fort Carson Tuesday. This year's theme is "Make a Difference," and the campaign concludes Nov. 15.

The CFC is a program set up to allow federal employees to give money in either one lump sum, or spread out in payments over the course of a year to an authorized charity.

During the kick-off ceremony several representatives from local health and welfare organizations were there to tell federal employees why their particular charity is a good one to donate to.

The master of ceremonies for the ceremony was KRDO-TV's Jon Karroll, and the keynote speaker was Jim Pearson from Canine Companions for Independence. Entertaining the crowd were the sounds of

Wild Blue Country, and Harmony in Motion sang the national anthem.

Last year, Fort Carson raised approximately \$430,000 for the CFC, which was more than one-third the total amount raised in the Pikes Peak region. This year with Maj. Gen. Edward Soriano, 7th Infantry Division and Fort Carson commanding general, serving as the chairman of the CFC for the Pikes Peak region — consisting of the counties of El Paso, Teller, Pueblo and Freemont — he has set a goal of 100 percent Fort Carson participation.

"If we have 100 percent participation then we're getting 100 percent awareness," Soriano said.

The size of the donation does not concern Soriano, he is looking for total federal employee participation in this year's CFC.

"I don't care if they give five cents, five dollars or ten dollars, just as long as they're giving something," Soriano said.



Jim Pearson speaks to the of 1999 CFC kickoff, as his cani rests.

Chapel

The Protestant Sunday School invites all Sunday school families to attend a continental breakfast. The breakfast will be at Soldiers' Memorial Chapel Sunday at 9 a.m.

The Protestant Women of the Chapel are planning a free Hallelujah Fun Night, Oct. 31 at Soldiers' Memorial Chapel as an alternative to Halloween. Pizza and pop are served at 5:30 p.m. followed by singing, games, prizes and surprises. Costumes are welcome, but no scary ones.

The Hallelujah Fun Night needs volunteers. Candy donations are being accepted for the event at all chapels but Healer. For information, call Deb Rosenberg at 579-9023.

Our Lady of Fort Carson Catholic community has a living rosary, Oct. 24 at 4 p.m. at Soldiers' Memorial Chapel, followed by a pot-luck supper. For information contact Jorge Espinosa at 391-4816 or Kathy Wallace 392-4788.

Protestant Women of the Chapel meets weekly for prayer, fellowship and study at Soldiers' Memorial Chapel Tuesday morning at 9 a.m. and Tuesday at 7 p.m. Child care is available at the chapel. For information contact Jennifer Wake at 540-9157.

Chapel Schedule

ROMAN CATHOLIC

Chapel	Service	Day	Time	Location		
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital		
Healer	Mass	M-W-F	11:45 a.m.	Evans Army Hospital		
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis		
Soldiers'	CCD	Sunday	10:45 a.m.	Nelson & Martinez		
Soldiers'	Mass	Sunday	9:30 a.m.	Nelson & Martinez		
Soldiers'	Mass	M-W-F	8:15 a.m.	Nelson & Martinez		
Veterans'	Mass	Sunday	8 a.m.	Magrath & Titus		
			EASTERN ORTHODOX			
Veterans'	Divine	Sunday	11 a.m.	Magrath & Titus		
	Liturgy					
			LITURGICAL			
Provider	Lutheran	Sunday	10:30 a.m.	Barkeley & Ellis		
			PROTESTANT			
Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital		
Prussman	Protestant	Sunday	9 a.m.	Barkeley & Prussman		
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis		
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis		
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman		
Prussman	Prot./Gospel	Sunday	11 a.m.	Barkeley & Prussman		
Soldiers'	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez		
Soldiers'	PYOC	Sunday	6:30 p.m.	Nelson & Martinez		
Soldiers'	Protestant	Sunday	11 a.m.	Nelson & Martinez		
Veterans'	Protestant	Sunday	9:30 a.m.	Magrath & Titus		
THE ROCK	Protestant	Wednesday	7:p.m.	Fitness Center		

For additional information, contact the Installation Chaplain's Office, build mation and a schedule of Jewish Sabbath services, call the U.S. Air Force Acad Normally, free child care is available during on-post worship services.

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

- Oct. 9 Psalms
- Oct. 10 Psalm
- Oct. 11 Psalm
- Oct. 12 Psalm
- Oct. 13 Psalm
- Oct. 14 Psalm
- Oct. 15 Psalm

Chaplain's Corner

by Chap. (Capt.) Matthew L. Gibbson 759th Military Police Battalion

Columbus had one ambition — to reach the East and its fabled wealth by sailing west. There were some who thought him crazy to believe the world was round. They thought it impossible to sail "around" a flat earth.

Curiosity combined with persistence finally brought Columbus the answer to his dreams. The Queen of Spain, Isabella, supplied him with money, and Aug. 3, 1492, Columbus set sail from Palos, Spain, with three ships, the Nina, the Pinta, and the Santa Maria.

On Oct. 12, 1492, Columbus sighted by moonlight what he thought was an island of the Indies near Japan or China when in fact it was the edge of the Americas.

Columbus made several trips back and forth across the broad reaches of the Atlantic in a continued effort to locate lands that might be Asia or Japan. Despite his great discoveries, Columbus died a disappointed man because he had failed to bring Spain the treasures of the East.

We, like Columbus, are in search of a better land, a land flowing with milk and honey. A place whose builder and maker is God. We, too, can possess the tranquil, blissful peace of terra firma where the lion will lay down with the lamb and we will live forever throughout the ceaseless ages of eternity.

The Bible promises a place where we can lay aside all our burdens and cares. A place where we will be free to explore all the wonders of God's creation.

Think of it. Just like Columbus was free to explore his environment, we too, will enjoy the ultimate freedom — freedom to enjoy the wonders of God's universe. In Isaiah 65:17, 21-25 we read about how a perfect world would be.

God promises us a place where we will live in harmony with our environment and with one another. It will be a society free from tyrannical rule and oppression. Unlike Columbus' discovery of the New World, this perfect society will not displace people and uproot them from their ancestral homeland.

The Apostle Jo 1-4 "I saw a new the first heaven an away; and there wa saw the holy city, from God out of h adorned for her hu voice out of heave nacle of God is w with them, and the God himself shall God.' And God sha their eyes; and the neither sorrow, nor any more pain: for away."

Like Columbus desire for knowled believers look forw Apostle John speak be separated by the now exsist.

Military

4th Engineers use skill to build

by 1st Lt. Chris Poteet Company C, 4th Eng. Bn.

As the 3rd Brigade Combat Team gears itself up for the 3rd Armored Cavalry Regiment's Bosnia training, Company C "Cobras" led the 4th Engineer Battalion's effort. The unit was responsible for the entire 4th Eng. Bn. construction effort which was separated into both the "Freedom of Movement" lane and "Engineer" lane. In addition to this requirement, the Cobras built their own base-camp

facility and supported 3rd BCT in overall construction and dig requirements.

Of the two lanes, the "Freedom of Movement" lane was more time and construction intensive.

Approximately three months of planning, designing and building were required for this lane alone. The engineers readily accepted the challenge of a carpentry and construction project.

struction project.

The 3rd BCT tasked the engineers with creating the Bosnian village of Maglaj from the ground up. Specifically, this required the designing and construction of more than 10 semi-permanent buildings near Fort Carson's Turkey Creek Recreational Facility.

the thousands of 2x4s used in the Maglaj construction.

command and one of the area day/night shoe pit, a weight

While the majority of the brigade was participating in this year's Pinon Canyon rotation, these engineers were busy pre-fabricating all of the walls, floors and rooftops for the village. Once this task was accomplished, the engineers transported all sections to the village site and pieced them together.

Aside from these obvious carpentry requirements, the unit directed the delivery of wrecked cars and rubble to the village. This added to the realness of Maglaj.

The village construction was a formidable task in and of itself, but the Cobras increased the challenge by concurrently building themselves a basecamp that would make any troop commander jealous.

All levels of leadership agreed that if Cobra soldiers were to live in the field for up to a month, quality of life was the first and foremost consideration.

The engineers took this into account in their design and construction of their "tent city." This base camp would be occupied by Co. C and other elements of the 4th Eng. Bn. while they participated

in the Bosnia training.

Pride was taken in all aspects of the base camp beginning with the welcome to "Engineer Country" sign hanging from the Armored Vehicle Launch Bridge at the entrance to the camp.

The camp was designed to accommodate more that 120 soldiers, both male and female. Cobras staged their Tactical Operations Center in the middle

of the camp to facilitate the day-to-day

command and control requirements.

Photos by 1st Lt. Chris Poteet

Spc. Raynor cutting some of

Some of the amenities in the camp are a day/night volleyball court, a horse-shoe pit, a weight room and a shower complex that can accommodate more than 50 soldiers.

A recreation tent was built, which

houses a large screen TV and a pingpong table built by the engineers. The engineers also constructed a training tent, housing a TV/VCR, engineer training aids, training stations, a Values video library and overhead projector for drivers education classes.

The living conditions exceeded those of any other field environment. Floors were built for all of the living areas along with heaters and generators for each tent. The combination of these amenities and recreational/trai both high morale an Cobras were quickly expert in SFOR con designs that were dethat the engineers po

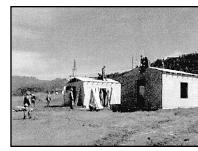
The 3rd BCT ta many other aspects ranged from road co ordering the majorit the brigade needed.

The design for to two other battalions neers also assisted in drainage systems for

These tasks just are definitely comba and garrison environ

As 3rd BCT tra ment to Bosnia, Co. become obvious.

The primary ob



Sapper Platoons constructions and framing window the village of Maglaj.

time in the field awa objective becomes e and will be up to the Bn. to ensure that be only achieved but the

Where and When

Editor's Note:

It is the responsibility of each facility referenced in this directory to inform the *Mountaineer* of any changes.

Directorate of Community

Activities facilities Physical fitness centers/swimming pools

• Garcia PFC ph: 526-3944 or 526-5785 M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m. • McKibben PFC ph: 526-2597

• McRibben PFC ph: 326-2397
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
• Waller PFC ph: 526-2742
M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
• Mountain Post PFC ph: 526-2411
M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)

• Forrest FC ph: 526-2706

M-F 5:30 a.m.-10 p.m./ Sat. & Sun. 10-5 p.m., Sat. 8-10 a.m. women only.

Month of the PFC ph: 526-1023 or 526-1024 M, T, W, F 6-9 a.m./ women only Sat. 8-10 a.m./Sat. and Sun. 10 a.m. to 5 p.m./ holidays closed

• Indoor Swimming Pool ph: 526-3107 M, T, Th, F 6:30 a.m.-9:30 p.m./ W 6 a.m.-9:30 p.m./Sat, Sun

and holidays 9 a.m.-6 p.m.

Outdoor Swimming Pool, ph: 526-4456
Closed until Memorial Day

Miscellaneous

• **Post Commissary,** building 1525, ph: 526-5505 M-F 9 a.m.-8 p.m/ Sat 9 a.m.-7:30 p.m./ Sun 9 a.m.-5 p.m.

M-Sat 9 a.m.-9 p.m/ Sat 9 a.m.-7.30 p.m./ Sun 9 a.m.-3 p.m.

• Class Six, building 1524

M-Sat 9 a.m.-11 p.m./Sun and holidays 11 a.m.-7 p.m.

• Class Six Annex, building 3572

M-Sat 9 a.m. -9 p.m./closed Sundays

• Grant Library, building 1528, ph: 526-2350

M-Th 11 a.m.-8 p.m./Fri 11 a.m.-4 p.m./Sat and Sun 10 a.m.-

• Multi-Craft Center, building 1510, ph: 526-0900 W-F 11 a.m.-7 p.m./Sat, Sun and holidays 9 a.m.-4:30 p.m. • AutoCraft Center, building 2427, ph: 526-2147

Every day 8:30 a.m.-4 p.m., emissions only on M and Tues

• WoodCraft Center, building 2426, ph: 526-3487 M-Tues. closed/ Wed 1-7 p.m.(Closed for safety class.)/ Th-F 1-8:30 p.m./ Sat and Sun 9 a.m.-4:30 p.m.

• Cheyenne Shadows Golf Course, ph: 526-4122

M-Sun 7 a.m.-8 p.m.

M-Sun / a.m.-8 p.m.

• Divots Grill, building 7800, 2nd floor: 526-5107

M-T 9 a.m.-5:30 p.m./W-F 7:30 a.m.-5:30 p.m./ Sat. Sun. and holidays 6:30 a.m.-5:30 p.m.

• American Red Cross, building 1641, ph: 526-2311

M-F 8 a.m.-4:15p.m./ Emergencies: 526-2311 (24 hrs.)

• Community Thrift Shop, building 1008, ph: 526-5966

T, W, Thu 10:00 a.m.-2:30 p.m./ F-M closed

• Turkey Creek Recreation Area, ph: 526-3905

 Turkey Creek Recreation Area, ph: 526-3905 Office hours: W-Sun 8 a.m.-4:30 p.m./ closed M-T

• Information, Tickets & Registration, building 1510, ph:

M-Th 10 a.m.-6 p.m./F 9 a.m.-6 p.m./Sat 9-1 p.m./closed Sun

• Carlson Wagonlit Travel, building 1510, ph: 576-5404 M, W, Th, F 9 a.m.-6 p.m./Tues 9 a.m.-5 p.m./weekends and holidays closed

Outdoor Recreation Complex, building 2429, ph: 526-2083 M-Sun 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
Pueblo Deli (Elkhorn), building 7300, ph: 576-6646 M-F 11 a.m.-1:30 p.m./closed weekends and holidays

• Fatz Pool and Darts, building 1129, ph: 526-4693 M-Th 11:30 a.m.-midnight/Fri 11:30 a.m.-2 a.m./ Sat 3 p.m.midnight/Sun closed

• Bowling Center, building 1511, ph: 526-5542 Sun-Th 11 a.m.-11 p.m./Fri & Sat 11 a.m.-midnight

• Ten Pin Cafe, building 1511, ph: 576-8126

Sun-Thu 11 a.m.-10:30 p.m./Fri & Sat 11 a.m.- 10:30 p.m./ 0.30 a m (breat

Program Schedule for Fort Carson cable Channel 10, today to Oct. 15.

Channel 10 can now be seen on your computer. Access the Fort Carson Web site and in the welcome section, click on the icon for Mountain Post Magazine. Channel 10 can be viewed live or Mountain Post Magazine can be viewed any time.

Mountain Post Magazine: Special edition with stories on the Combined Federal Campaign (repeat). Airs at 7 a.m., 9 a.m., noon, 2 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on Gillam Crisis Action Center, improved TriCare and Hammer Awards. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and

Air Force News: includes stories on Joint Expeditionary Force Experiment '99, helping a Bosnian girl with leukemia and Undersecretary of the Air Force Carol DiBattiste sworn in (repeat). Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Navy/Marine Corps News: includes stories on

Hurricane Floyd assis tition and doing push-"Shipshape." Airs at 8 and 1:30 a.m.

Community Cal showing times.

Channel 9 daily b guage news broadcast

If you have comr ming or wish to coord or 10, please contact e-mail at:

RuleDo@carson-

Program times w *Mountaineer* provided prior to publication.

If you have ideas contact Kim Tisor or

If you wish to ha Channel 9, contact the Center at 526-5111.

For additions to t submit a clean, typew the Public Affairs Off Fort Carson, CO 8091 than the Friday before

• Youth Center, ph: 526-2680 M-Th 3-8 p.m./Fri 3-9 p.m./Sat 1-9 p.m./ closed Sun & holidays

M-F 9 a.m.-6 p.m./Sat closed holidays • Mini-Mall, building

M-Sat 9 a.m.-6 p.m./Su

Army and Air Force Exchange Service facilities

Barber/Beauty Shops

holidays 11a.m.-9:30 p.m.

•Wok Express, building 2355

M-S 11 a.m.-6 p.m./closed Sunday

• Ivy Troop Store Barber Shop, building 2355 M-F 7:30 a.m.-4 p.m./weekends and holidays, closed

• Prussman Troop Store Barber Shop M-F 7:30 a.m.-4 p.m./weekends and holidays, closed

• Barber Shop, building 1161

M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
• Evans Beauty Shop, building 7500, ph: 540-0462
M-F 9 a.m.-5 p.m./weekends and holidays, closed
• Post HQ Barber Shop, building 1430

Mon only 7:30 a.m.-1 p.m.

• Welcome Center Barber Shop, building 1218
Mon and Th. only 7:30 a.m.-4 p.m.

• Main Store Mall Barber and Beauty Shops, building 6110, ph: 576-6459

M-Sat 9 a.m.-7 p.m./Sun and holidays, 10 a.m.-6 p.m.

• Mini Mall Barber Shop, building 1510, ph: 576-8013
M-F 7 a.m.-6 p.m./Sat 8 a.m.-5 p.m./Sun 10 a.m.-4 p.m./
closed holidays

Shoppettes/service stations

• "B" Street shoppette, building 900 M-F 5 a.m.-midnight/weekends 6 a.m.-midnight

Ivy Troop shoppette, building 2355

M-F 11:30 a.m.-6 p.m/Sat 10 a.m.-3 p.m./closed Sundays • Service Station, building 1515

Alterations

· Military Clothing Sa

Miscellaneous

 Burger King (Specke M-F 6 a.m.-9 p.m.(drive (drive-thru until 10 p.m

· Kentucky Fried Chic M-Sat 10:30 a.m.-10 p.

· Class Six, building 15 M-Sat 9 a.m.-9 p.m./Su

 Class Six Annex, buil M-Sat 10 a.m.-7 p.m./c

· Laundromat, buildin M-Sun 7 a.m.-10 p.m.

• TV Repair/U-Haul, b M-F 10 a.m.-5:30 p.m./

• Sprint Office, ph: 57 M-F 8 a.m.-5 p.m./Sat 1

 Post Exchange and N M-Sat 9 a.m.-9 p.m./Su Shop, Vitamin Expo, O

 Main Store Mall Esp M-F 8 a.m.-3 p.m./Sat a

· Mini Mall, building 1 M-Sat 9 a.m.-11 p.m./S Renair and Engraving S

National Guard



The driver of an inbound vehicle is searched before entering a simulated Patriot missile site during Arkansas' for their deployment to Kuwait later this month.

MILITARY

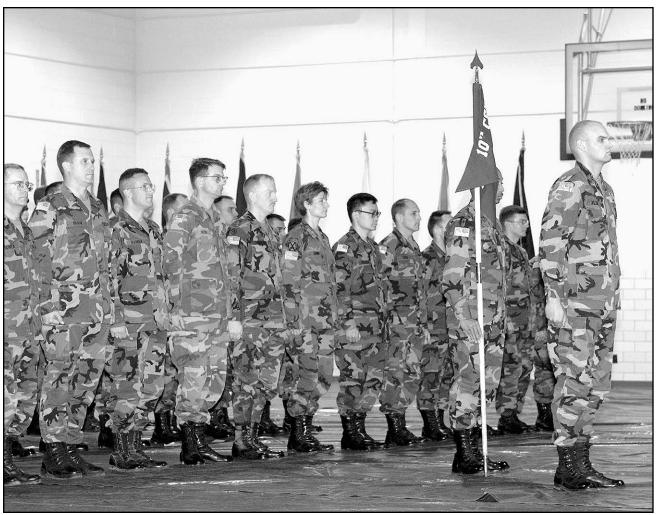
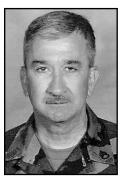


Photo by Spc. Adam Thornton

Homec

Soldiers from Hospital stand welcome hom Gym Sept. 29. before from Horotation. During the soldiers we for their adeployed.

\$how me the money



by Staff Sgt. Daniel J. Hunnell, 1st. Bn., 8th Inf.

Are you organized? Do you know where everything is for your tax preparation? Tax season is not that far away. I'm offering some information that may help the preparation go smoother.

The standard deduction table provides the following: if you are married and filing a joint return, your deduction is \$7,100. If you are single, the deduction is \$4,250. If you are married and filing separate returns, the deduction is \$3,550. If you are filing Head of household, the deduction is \$6,250. Please note that if you are 65 or older or blind, deductions are higher.

Tax treatments for alimony and child support payments can cause major confusion, especially

among the recently divorced or those considering taking that step. Generally, alimony you pay is deductible (even if you don't itemize) while alimony you receive is taxable. Furthermore, alimony you receive is considered earned income for the purpose of contributing to an individual retirement account. On the other hand, child support payments you make are not deductible and any such payments you receive are not taxable.

As this year winds down, it's a good idea to estimate what your tax liability will be when you do file. If it appears you'll owe more than what makes you comfortable, you have time to fix the situation. You will need to instruct your employer, via a new W-4 form, to withhold extra tax from your pay for the remainder of the year.

If you aren't able to finish your return and file by April 15, you can get an extension by filing Form 4868, Extension of Time to File U.S. Individual Income 7 sion by April 15, yo However, this does your income tax.

How long shoul Internal Revenue S receipts, canceled of records should be k date of the return w period of limitations fraudulent or when tax preparers prefer long as you are aliv

My last recomm of reference. Ernst "Tax Saver's Guide, questions and may you think you need Command Financia

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

3rd ACR CAV House (building 2461) 3rd BCT Iron Brigade (building 2061) 43rd ASG Cheyenne Mtn. Inn (building 1040) Butts Army Airfield (building 9612)

Standard Facilities

3rd ACR Patton House (building 2161) 3rd BCT Mountaineer Inn (building 1369) 10th Special Forces Group (building 7481)

Weekday Meal Hours

Tue., Wed	. and Fri.	Thurs.		
Breakfast	7:30 to 9 a.m.	5:30 to 7 a.m.		
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m		
Dinner	5 to 6:30 p.m.	4 to 5:30 p.m.		

Week of Oct. 9 to Oct. 15

Exceptions

- Butts Army Airfield is open Tuesday through Friday for breakfast and lunch only.
- Mountaineer Inn is open for breakfast, lunch and dinner on Oct. 12. It is open for breakfast, and lunch only Oct. 13 thru 15.
- Cheyenne Mtn. Inn is closed Oct. 9 thru 12.
- Patton House is closed for dinner meals on Thursdays.
- 10th SFG meal hours are the same Tuesday through Friday. It serves no dinner meal on Fridays.

Family members are cordially invited to dine at Fort Carson Dining Facilities.

Weekend

3rd ACR CAV Ho 3rd BCT Iron Brig 43rd ASG Cheyen

Oct.11 Training

3rd ACR CAV Ho 3rd BCT Iron Brig 3rd BCT Mountain

Saturday and

Breakfast Lunch Dinner

Sunday Brun

Brunch Supper

Sports & Leisure

Abdullah named Olympic boxing

by Walt Johnson Mountaineer staff

For the past two years World Class Athlete Program head boxing coach Basheer Abdullah has been working very hard to get his fighters in a position to be on the U.S. Olympic boxing team in Sydney, Australia, in the year 2000.

Abdullah is still at work preparing his fighters for their once-in-a-life-time opportunity, but now he has someone else to prepare for the games — himself.

Abdullah has been named one of the assistant coaches for the U.S. boxing team, an honor not normally afforded a coach with the limitied head coaching time he has. But make no mistake about this choice, it is earned and deserved as Abdullah has an impressive resume he brings to the table.

Currently Abdullah has a figher ranked in the top 10 in the country in every weight category but two and he has two in the light heavyweight class.

Abdullah is a soft spoken, confident and well educated man in the "sweet science" of boxing who seems to care about only one thing, making his fighters better no matter what he has to do to achieve that objective.

One of his fighers, James Webb, said it came as no surprise to him that Abdullah was given the honor of coaching the Olympic team.

"I was very excited for Coach Abdullah. I feel good knowing that the developmental coach of the year is training our team because with his knowledge he can only make us better fighters." Abdullah says he thinks the key to his success is his approach to coaching which keeps him thinking of his primary goal, making his fighters "the best they can be."

"I think the key to my success is that I am committed to what I am doing and I love the sport of boxing and working for the athletes. I always remind myself that this is all for the athletes. If I can keep my focus on doing this for the athletes I can continue to be successful. Sometimes a coach can get off track and start doing for themselves and that takes their focus off coaching and devel-

oping the skills of the athletes."

Abdullah's attitude toward the sport of boxing is contagious among his fighters as each seeks to live up to the coach's philosophy.

"I just love to win. Losing in my frame of mind is unacceptable. If there is any way I can help an individual be successful I will do whatever I can to help them be victorious."

One of Abdullah's assistant



World Class Athlete Program head boxing coach Basheer Alassistant coach for the U. S. Olympic Boxing and the U.S.A year for his outstanding work with the Army boxing team.

coaches, George Cofield said "It is a great honor for coach Abdullah since a lot of coaches don't get selected for a job like this after such a short time in coaching. For him to get this honor so quickly says a lot about the man and what he stands for."

Another coach, Chris Lords said, "Coach Abdullah is a humble man whose biggest asset is he can accept advice from other people and teach

you ho Co be a m

team thing I "I WCA"

Al ers at

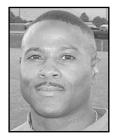
feel sa

Pigskin Picks

College/NFL WEEK 5



Shawn Hodges ADA 1/3 ACR



Mark Laury ADA 1/3 ACR



Vincent Lewis 89th Chem Co

8			
Michigan at Michigan State	Michigan	Michigan	Michigan
Georgia at Tennessee	Tennessee	Tennessee	Tennessee
Arizona State at Notre Dame	Notre Dame	Notre Dame	Notre Dame
Miami at Florida State	Florida State	Florida State	Florida State
Air Force at Navy	Navy	Air Force	Air Force
Atlanta at New Orleans	New Orleans	New Orleans	New Orleans
San Francisco at St. Louis	San Francisco	St. Louis	San Francisco
Miami at Indianapolis	Miami	Miami	Indianapolis
Tampa Bay at Green Bay	Green Bay	Green Bay	Green Bay
Jacksonville at N. Y. Jets	Jacksonville	N. Y. Jets	N. Y. Jets
San Diego at Detroit	San Diego	Detroit	San Diego
Chicago at Minnesota	Minnesota	Minnesota	Minnesota
New England at Kansas City	New England	New England	New England
Pittsburgh at Buffalo	Buffalo	Buffalo	Buffalo
Denver at Oakland	Oakland	Denver	Oakland
Baltimore at Tennessee	Tennessee	Tennessee	Tennessee

Post soccer team scores big

by Ben Stancati Post soccer coach

The Post Soccer Team took on next door neighbor Pikes Peak Community College this past weekend and wasn't very neighborly as the team blew out PPCC 9-2.

The victory was special in many ways for the post team. It set or broke a number of Fort Carson Soccer Team records. The records were: most goals scored in one match; most goals scored in the second half; longest shot scored; the largest number of different players to score (five total); and first time a penalty kick was scored off a rebound via a goalie save.

The first half started out somewhat even but as time went on Carson started to gain momentum and once established they didn't look back. Front runner "Monty" Montes de Oca started the scoring spree when he followed up his own shot on goal, which came off the cross bar, and knocked it home.

The post team's second goal came off a very long shot taken by left outside midfielder Shawn Field, and the third was a straight in goal by center mid fielder Andy Porter. Those goals would prove to be the only scores of the first half as the post team went to halftime leading 3-0.

The post defense was anchored by sweeper back Sean Creeden and Victor Markovich controlled the center of field very well. They anchored a team that made life miserable for the PPCC players all day, especially when the heat on offense was turned up.

Once it got going, the post team's second half scoring barrage was really just one big blur for the PPCC team. When the smoke cleared, the post team scored six goals, Andy Porter scored twice, and Vic, de Oca, Luis Peugnet (rebound from penalty kick) and Field each scored once.

Although the post team scored several goals, it could have been worse for PPCC if the post team's inexperience or missed opportunities had been cashed in. The Carson coaching staff kept moving players around the field, which broke Carson's rhythm at times, thus missing scoring opportunities. Field for example, missed five sure goals because of



Post soccer coach Ben Stancati, right, team watches his team play in a recent

his inexperience as a front-runner.

The victory allowed the team to experience something it has been on the wrong end of in the past seasons: a blowout victory.

According to post soccer officials all pistons are firing and Carson is becoming a tough team to beat. Although the team is really coming together spiritually as a group, the real test will be coming up in the next few weeks as

part of St Astec

Eleme

Carso

over to Sprin Carso and the game Club

On the Bench

This spinning class thing could become

by Walt Johnson Mountaineer staff

Every once in a while you have to do something that will be of public service but personally tough on

the mind and body.



I found myself in this delicate position recently as I went to the Post Physical Fitness Center to get a

firsthand look at the Reebok Spinning Classes being held there Monday through Friday at 5 and 6 p.m.

I thought I would take it in two stages. First, I would watch a class to see what was involved in the program. I chose to watch Ron Casanova's class — actually I happened to show up the day he taught

the class — and it was rather eye opening. I didn't think you could build up enough sweat on a stationary bicycle or work so hard, but you

I then took the class taught by Gina Casanova on Oct. 24 to get a firsthand feel for what it's like to be on the bike and workout.

Now I thought the old guy (that would be me), was in good shape and could breeze through the class. Boy, was I wrong.

It wasn't the near death experience I had trying to keep up with Casanova (just kidding) that got my attention. Trust me, this is the most complete bicycle workout I've ever experienced. I couldn't believe how challenging it was to go through the "course" as you adjust the tension on the bicycle to simulate mountain bicycle riding while riding to some of the best music of this and other

eras.

The advertisements for the program say don't bring reading material to this class because you won't need it, and nothing could be closer to the truth.

The class is a continuous 45 minutes of riding that goes by so quickly you don't realize it. What you do realize is the great aerobic workout you get after it's over, as witnessed by the sweat dripping from most people and the overall satisfaction on the face of everyone.

I expected the class to be another of those play the music, have no fun and watch the instructor ride the bicycle, and not exert too much energy doing either session.

What it turns out to be is a very interactive class that has the instructors and patrons having a good time getting a workout together.

Both Casanova's and Shana

Madd ing as your r exerci

be abl the ot with t my su in step keep i still al class.

> I to take enjoye have e

W think be tak didn't at my worko else tr like it

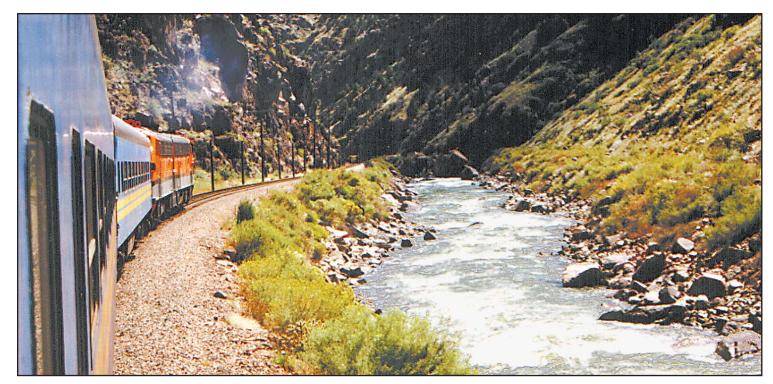


Photo by Nel Lampe

The Royal Gorge Route train runs along the Arkansas River on the floor of the Royal Gorge.

Train again runs scenic gorge route

by Nel Lampe Mountaineer staff



aboard!" The traditional train conductor's shout starts passen-

gers heading toward the blue passenger cars which are hooked to the two orange engines in tandem.

For the first time in more than 30 years, passenger train service again runs through the Royal Gorge.

Running alongside the Arkansas River, the Royal Gorge Route rides on rails from the old Denver and Rio Grande Railroad, The 24-mile round trip is along the most famous part of the old rail line.

General William Palmer, founder of Colorado Springs and the Denver and Rio Grande Railway, was also involved in Canon City history. Palmer had decided to run a line to western Colorado to reach the working gold Wars," in 1879, threats were made, freshly laid tracks were dynamited, shots were fired and suits were filed. Palmer's company, the D&RG won in court, and the D&RG rails are the ones that traverse the floor of the gorge.

The Royal Gorge Route's conductor will point out the fortresses built by the competing trains' rail crews during the Railroad Wars.

Once you step onto the train, you step back into American history. Other than the Amtrak, passenger trains have given way to airplanes and automobiles for crosscountry travelers. But for two hours, train passengers also travel back in time to another era — the era of train travel.

Settle into one of the comfortable seats — two passengers face two passengers. The train usually pulls six cars, each holding approximately 60 passengers.

There's an open car, which accommodates standing passengers only. There's no seating, but the car

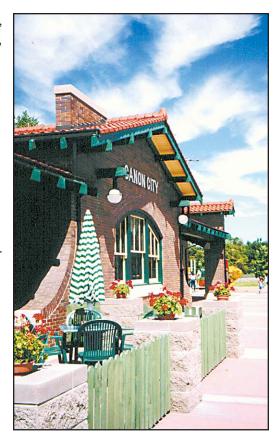


Photo by Nel Lampe Canon City's train depot also houses a restaurant.

aged chips and candy bars.

Sunglasses and film are also available, for passengers who forgot

Happenings

Train

From Page B1

The train leaves from the historic 1914 Santa Fe Train Depot in Canon City. The train station houses the train's ticket office as well as a gift shop. Also located in the building is the Santa Fe Depot Restaurant.

The restaurant serves Italian-style food, such as large, hearty meatball sandwiches; hot or cold submarine/hoagie sandwiches; or Philly-style steak or chicken sandwiches. A half-calzone lunch special almost fills the plate. A selection of children's items is also on the menu. The hostess or waitperson will ask if you're catching a train, and make sure you're served accordingly. Or, you can get a "to go" brown bagger, which includes one-half hoagie, chips, cookie and fresh fruit to eat on the train.

The restaurant is a local favorite, serving calzones, strombolis, pasta and pizzas to a dinner crowd.

Rates for riding the Royal Gorge Route are \$24.50 for adults and \$16.50 for children ages 3 to 12. Children under 2 years of age are free when sitting on a parent's lap. The train has a special rate for groups of more than 10 people.

The Royal Gorge Route has only been running since May, but already has proved to be quite popular. Reservations are suggested, but same day tickets may be available. Call (888) 724-5748 (888) RAILS-4-U to inquire.

The ticket office opens at 8 a.m.

During summer, from May 15 until Oct. 17, the train makes three round-trips: leaving at 9 a.m., noon and 3 p.m.

Beginning Oct. 23, the train begins the fall and winter schedule. One train per day will depart at 12:30 p.m. each Saturday and Sunday, except Christmas. During the fall/winter season, the ticket office opens at 10:30 a.m.

A parking lot is at the train station, and a second lot is nearby. The area has several trees and a park-like setting and colorful playground equipment nearby to occupy waiting young passengers.

The depot's gift shop has a collection of train-related gifts, souvenirs and books. Books range from the children's book "The Little Train that Could" to books about historic rail-

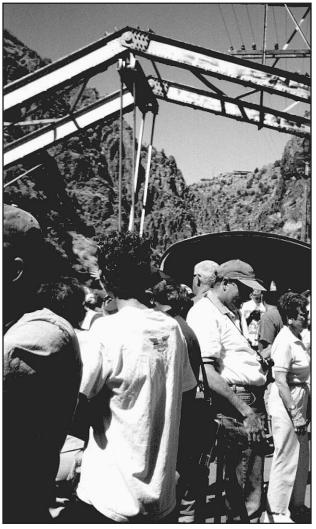


Photo by Nel Lampe

Passengers enjoy the view while the train pauses at the "hanging bridge."

said Canon City last year had 346 days of sunshine, which makes it ideal for sightseeing train passengers any time of year.

Before or after the train ride, there are other attractions in Canon City: the Royal Gorge Bridge — the world's highest suspended bridge — Buckskin Joe's Western Town, the Dinosaur Depot and the Prison Museum.

To reach Canon City from Fort Carson, take Highway 115 south to Penrose, then take Highway 50 west to Canon City. Turn south on 3rd Street. The Santa Fe Train Depot is located at 401 Water St.

Or, when you see the Dinosaur Depot, take a left and find your way to the Santa Fe Train Depot, which is near the dinosaur museum.

Just the Facts

- Travel time 45 minutes
- For ages

all train ride



Community Events

Family Readiness Center

The Family Readiness Center needs volunteers for the Family Member Employment area. Benefits include free child care and computer classes. For more information contact Rita Walston at 526-0467 or 526-4590.

Army Community Service is closed through Oct. 11 in observance of Columbus Day. Individuals needing assistance can call 526-3400.

The Army Community Service Immigration and Naturalization Outreach Office will be closed Oct. 11.

Army Community Service Relocation Readiness Program presents "Dollars, Duffel Bags and Darlins" Oct. 13, 1 to 3 p.m. at the Family Readiness Center, building 1526 and "Smooth Move Overseas" Oct. 20 from 1 to 4 p.m. at the Spiritual Fitness Center, building 1161. Call ACS at 526-4590 for reservations and more information.

The Fort Carson Victim Advocacy Program is recruiting intern and volunteers to assist victims of domestic violence. Those interested in assisting others should call 526-4590.

Debt Management is a program offered through Financial Readiness at Army Communtiy Service to assist servicemembers, family members, retiree family members to get control of their debts. For anyone who is overwhelmed with debts and needs help call Financial Readiness at 526-0449 for a confidential consultation.

The Family Advocacy Nurturing program is under way every Wednesday through Nov. 24. at the Hillside Community Center. Registration will be held at the Family Readiness Center. For more information, call 526-4590.

The Family Member Employment Assistance Program offers Standard Form 171 and Optional Form 612 Workshops Oct. 13 and 27 from 1 to 3 p.m. The forms are the basic federal employment applications. For more information, call 526-0452.

The Army Community Services Outreach

Volunteers are needed for "Make a Difference Day" projects with Care and Share, Inc., Cheyenne Mountain Zoo, Youth Outreach Center and Ronald McDonald House Oct. 23 from 9 a.m. to 2 p.m. For more information, call ACS at 526-4590.

The Fountain-Fort Carson School District #8 has the following positions available.

Bus Drivers \$9.02/hr
Para educators \$7.85/hr
Guest Teachers \$80/day
Sub Secretary \$8/hr
Sub Custodian \$7.75/hr
Sub Bus Driver \$8/hr

For more information contact Jim Sauls at 382-1300.

The Fort Carson Officer's Wives' Club is requesting favorite recipes from civilian employees, family members and soldiers for a Fort Carson cookbook. An artist is also needed to draw the art pages for the cookbook. Please send all recipe and art submissions to FCOWCCA, P.O. Box 12886, Fort Carson, CO 80913-2886 no later than Nov. 15. Please include name and with who you are associated.

Werner Enterprises is actively recruiting for truck drivers for positions nationwide Oct. 15 from 10 a.m. to 1 p.m. at building 1118, room 182. Sign up at building 1118, room 133 prior to Oct. 15.

Fort Carson will hold Disability Awareness Month training with guest speaker Peggy O'Neil Oct. 21, 8:30 a.m. to 11 a.m. and at 1 p.m. to 3 p.m. at Elkhorn Conference Center. For more information, call the EEO office at 526-4413.

The 1st Annual Colorado Springs Regional DOD Information Technology Expo is Oct. 21 from 10 a.m. to 2 p.m. The expo will be at the Peterson AFB Officers' Club, main ballroom. For information, call (800) 247-6353.

The Good Shepherd United Methodist Women are having a bazaar/craft fair Oct. 16 from 9 a.m. to 4 p.m. at Good Shepherd UM Church, 1201 Leta Dr., Security. For more information, call Amanda Cribbett at 392-7466.

"Raise the Roof on the Hill" Day is Oct. 16 and volunteers are needed to fix up four houses destined to help alleviate the shortage of affordable housing in Colorado Springs. Free child care will be available from 8 a.m. to 4 p.m. For more information, call 641-7736.

Donna Roachfield, an employee of Medical

For more inform

The American classes at Peterson are:

- Community C p.m.
- Community Fi and 25, 6 to 9:30 p.s For more inform 3563.

Mount St. Fran Story Gathering O Stone Haven, Fran Francis. For more is at 598-5486.

The Defense Lo computer courses if employees and prin include student certical Class times are from secutive days unless is as follows:

- HTML Programm 12 and 13, Nov. 8 as
- Advanced Program Dec. 9.
- Internet Security N
- WWW and Internet Protocols, Oct. 15
- Intermediate Technov. 10.
- Computer Hardwa
 All classes are I
 Directorate of Information, call 57

The Urban Lea introduces its yout to Work. The progra between the ages of session begins Oct. up at 125 N. Parksio more information, c

The Children's Fulfillment Founda children on Fort C for having a dream makes wishes come or life-threatening il call (973) 361-7366

Child and Yout

Military Briefs

Dress greens and BDU's taken in at the Tailor Shop section of CIF, located in the Welcome Center, will be held for 90 days only. If the items are not claimed after that time, the items will be turned in to the DRMO for disposition. For more information, call Ms. Lucas at 526-4057 or 526-6477.

The Central Issue Facility will be closed Oct. 29 for inventory. Normal hours will resume Nov. 1. For more information, call the project manager at 526-6477 or 4057.

The Gulf War Illness Outreach Team's visit is scheduled for Oct. 18 to 22. To schedule briefings contact Maj. Larry Lenkeit in G-3 training at 524-2999.

The U.S. Army Replacement Detachment will turn in many privately owned weapons to the Military Police for destruction Oct. 22.

Weapons that have been stored in the USARD arms room for more than 90 days will be turned in. To pick up weapons, soldiers must have a registration form from the Provost Marshal. Soldiers residing off post must have a memorandum stating such from their unit commander. Call 526-4462 as soon as possible to schedule an appointment to pick up weapons.

The Army Times newspaper is seeking 12 soldiers of all ranks to be interviewed in an upcoming article on military pay and benefits initiatives of the 2000 defense authorization bill. If you have more than three years but less than 12 years in service and are interested in being interviewed, contact Ron Joy at 526-1264.

All soldiers are required to begin outprocessing the installation 30 days prior to the date on their PCS orders or PCS leave date, regardless of marital status or unit obligations.

The Sergeant Audie Murphy Club Event Calendar is as follows:

Meetings: held monthly on the third Wednesday of the month at 11:30 a.m. at Fatz, Oct. 20, Nov. 17, Dec. 19 and Jan. 19.

Induction Ceremonies: 4th Quarter Board, Oct. 15 at 1 p.m.

training may cause limited disturbances to neighboring communities. For more information, call 526-8399 or 526-3420.

Contributors are needed for the

Mountaineer. If you have writing skills and would like to help get your unit's story out, the *Mountaineer* is looking for people to write occasional stories for publication. The *Mountaineer* staff provides training. Please notify the staff in advance of writing a story. For information, call 526-4144 and ask for the editor.

The Directorate of Logistics offers the following classes:

- Forklift Examiner Course: Oct. 13 and Jan. 19.
- Driver Examiner Course: Oct. 25 to 29, Jan. 31.
- Bus Driver Course: Oct. 18 to 27, Nov. 1 to 5 and 15-19 and Dec. 6 to 10.
- •Accident Avoidance Training Course: Nov. 9, and Jan. 20.

Courses are restricted to those military and civilian employees assigned to directorates and separate activities on Fort Carson. Classes are limited to 50 students.

See your unit training NCO to schedule classes with Individual Military Training. For allocations or more information, call 526-3367.

Grant Post Library has paperback books available for units departing Fort Carson for training. Boxes of new, popular paperbacks (maneuver book kits) can be obtained easily. No paperwork or prior planning is required and the books do not need to be returned. The soldier responsible for the unit must come by, provide the name of the unit, the number of soldiers going to training and the length of time they will be gone. Call 526-8144 for more information.

If you are a soldier with Web and/or Internet protocol experience who can be released from your unit for duty at the Public Affairs Office, call Maj. Kent Cassella at 526-1269. Training is available for this position.

Effective immediately, range safety certification has changed from a three-year certification to a one-year certification. Classes will continue to be held at Range Control every Friday at 1 p.m. For more information, call 526-6330.

The Army and Air Force Exchange Service service station in building 1515 on Chiles Avenue now accepts GSA-Voyager credit cards. The card must be taken inside the station for processing. The shoppette in building 900 on Magrath Avenue does

and upstairs from th Immunizations are § Thursdays.

The South Car has several vacanci branches for lieute tains leaving active aviation officers qua For more information

Soldiers separating a deployment of deployment should Alumni program eathe ACAP Center in appointment.

The Ranger B is holding a reunio Columbus, Ga. For James J. Altieri at (9)

The Army is I ian personnel for a entitled "Extreme those individuals who courage in noncomb Canham Ross at (31)

The 4th Person Card/DEERS Sectibuilding 1118, root call 526-8423.

The VFW is d Assistance Program active military pers ture the program C tion, call Serri Helm Jenkins at (816) 512

The Colorado Aviation Command qualified in the UE Hawk. These position men only. The duty end a month, two we 48 additional flight interested, contact Command at (303) of

Editor's note: The Briefs" to the Mount publication date.

Fraud, wa

Happenings



Oktoberfest

The "bier tent" opens at 5 p.m. at "Oktoberfest 99" Friday and Saturday at the Penrose Equestrian Center's indoor arena, 1045 W. Rio Grande. It's open until midnight with Bavarian-style food, music and dancing. Activities for the whole family include face painting, balloon artists, moon walking, oompah music and chicken dancing. German-style music is performed by live bands, and the smell of bratwurst and pretzels fill the air. Traditional Oktoberfest drinks and German strudel and pastries are available. Adults pay \$5 admission, children are admitted free.

White and blue

The Austrian American "Enzian" Club has its fall festival dance at the Peterson Air Force Base Officers' Club Oct. 16 at 7 p.m. Tickets are \$20 for the buffet dinner and dancing. Call 598-4249 or 685-4428 for tickets or information.

Theater productions

"A Few Good Men" is in the Municipal Auditorium's Lon Chaney Theater, Friday and Saturday at 8 p.m. and Sunday at 2 p.m. Tickets are \$10 to \$12, at the auditorium box office at the corner of Kiowa and Weber Streets. This production includes Spc. James A. Smith, 3rd Armored Cavalry Regiment, in the cast.

"Nunsense," will be at the Castaways, 196 Manitou Ave, opening Friday. Call 685-5626 for dinner theater tickets.

Theatreworks at University of Colorado at Colorado Springs presents "The Bourgeois



Photo by Nel Lampe

The "chicken dance" is popular at Oktoberfest 99 at Penrose Stadium, as is the food.

Gentilhomme," a comedy with music and dancing. Tickets are \$5 to \$15, and the production runs through Oct. 24, Fridays and Saturdays at Dwire Theater on the campus. Call 262-3232 for ticket information.

"All my Sons" is presented by the Air Force Academy Bluebards, Oct. 21 through 24, in Arnold Hall. The show starts at 7:30 p.m. Oct. 21 through 23, and at 2 p.m. Oct. 24. Tickets cost \$6 to \$8; make reservations by calling 333-4497.

Craft show

Plan to attend the craft show Oct. 23 at Lewis Palmer High School in Monument, just off North Interstate 25. Take exit 158, go east on Baptist Road and make a le 100 crafters particip show runs from 9 a. the event will be res

. .

The U.S. Marine Arnold Hall at the Ap.m. The performan required. Call Ticke

Da Vinci Quarte the Colorado Spring 5581 for tickets, wh

The Pacific Culluau Oct. 16 at the Ibuilding, 6880 Palm to \$15, and include 1830 for tickets and

Har

A Harvest Festi until 2 p.m., at Rocl admission charge to charge will be made loon rides and some purchas a pumpkin The Rock Ledge Ra Garden of the Gods

Filipino-A

The Southern C community has a M at the Sheraton Hotel Drive, Saturday at 5 dancing and music. or 390-1154. Proceed

Pvt. Murphy's Law by Sgt. 1st Class Mark Baker



McMahon Theater Movies

Oct. 9 and 10

"Mr. Magoo" (PG) 2 p.m.

"Halloween H2O" (R) 6 p.m.

Children age 10 and under must be accompanied by an adult or sibling who is at least 13 years of age. The 2 p.m. matinee is intended for a children's audience and the 6 p.m. movie is intended for an adult audience. All movies cost \$1 for anyone 5-years old or older.

McMahon Theater is located on the corner of McDonald Street and Wetzel Avenue. For more information, call 526-4629.



Snack

All candy Soda Popcorn Hot dogs Pizza slice Egg rolls

*Snack bar

**Prices su